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# ON CALL

## HOONAH EMS: Proud Volunteers

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Hoonah EMS Squad, as pictured here in August 1998 at the Hoonah Airport with Elephant Mountain in the background. Back row, left right: Bill Ely, Dave Wright, Susan Holit, Mike Jackson (pilot), Dave Kemp, Cindy Skaflestad. Front row left to right: Chris Budke, Ingrid Boettcher, Lane Vannatta, Dave Paperman, Don Bolton, Bill Wolfe, Jr.

### Special points of interest:

- Wrangell's Fantastic Five
- Iridium Out/Global Star In
- Heart of Volunteering
- Training Schedule
- 2000 Symposium Wrap-up
- AHA Revision Release Dates
- CME Video List

Approximately 30 air miles west of Juneau, where the waters of Icy Straits and Port Frederick meet, Hoonah (Approx. Pop. 1000), Whitestone (Approx. Pop. 200) and Mt. Behr (Approx. Pop. 100) are three communities that are served by a dedicated group of individuals, devoting a good deal of time to ensuring that injured or ill residents and visitors get the best of emergency care.

Hoonah EMS, is a non-profit and volunteer Emergency Medical Service managed and staffed by permanent and part time employees. These individuals are homemakers, woods workers, health care providers, and maintenance and retail workers. Back in the early 1980's local police and village public safety officers (VPSO) answered 911 calls and staffed the ambulance and fire department. In 1987 most local police and VPSO staff were resigning. This action put a need before the community. Local individuals would need to

organize, staff and manage an Emergency Medical Service. A group of concerned citizens accepted the challenge and Hoonah EMS was born. Since that time, Hoonah's needs for EMS have grown. Calls to 911 for an ambulance went from 50 in 1987 to over 210 in 1998 (36 of which were medivacs).

As with most SE communities, seasonal population increases have given Hoonah EMS many challenges. Calls for EMS assistance come from Alaska Marine Highway Ferries, recreation and industry incidents miles from town on logging roads, log ship accidents, an increase in development and construction and Hoonah's elderly population.

To the men and women responders

who volunteer their time and give of themselves, most of the time without thinking about it, Hoonah gives thanks and is blessed to have you here. With God's Grace, Hoonah EMS will continue to meet the challenges that most Southeast communities have: to be ready to assist in anyway possible, to continue to be a positive example for the people we serve, to continue to grow through training, education, and the quality people that make us proud to say, "I'm an EMT, I'm here to help you."

Contributed by Chris Budke,  
EMS Captain, Hoonah

**Hoonah EMS received the 1999  
Governor's Award for Ambulance Service  
of the Year!**

## From the Executive Director's Desk...



As you can see by the cover, the SEREMS newsletter is undergoing some changes. We are also going to be implementing some other changes this next year, such as a SEREMS web site. We are hoping to develop a web site that will allow for training information, recall notices, employment opportunities, ideas for recruitment and retention of volunteers, and the ability to place on-line book/supply orders.

The staff and the symposium planning committee is hard at work plotting next year's symposium. You can expect a PEPP rollout course for instructors, an AHA Guidelines 2000 Update for instructors for pre-

symposium workshops and a symposium with "disasters" as its theme. Mark your calendars for March 23<sup>rd</sup> and 24<sup>th</sup>, 2001. The fundraising auction after the banquet has been a smashing success and it has become an annual event.

The training department (Rob and Korie) is beefing up the courses to be offered this fall/winter. Courses planned will include: Wilderness First Responder, Wilderness EMT, PEPP (Prehospital Education for Pediatric Professionals) and a Methods of Instruction class for ETT/EMT instructor candidates. Be sure to check out our training schedule and call to ask about any training you might need!

The latest in communications, training opportunities, award winners and stories of everyday heroes are all right here. So, take a few minutes and catch up on all the SE EMS news. Better yet, give us a call and let us know what's happening with your EMS.

Bobbi Leichthy  
Executive Director, SEREMS

## A Visit with SEREMS' First Executive Director

By Mark Johnson, Chief, Section of Community Health and EMS

During a recent vacation to Sarasota, Florida, my wife and I had dinner with Laurel Anderson and her family. Laurel was the first Executive Director of the Southeast Region EMS Council, Inc., when it was established in 1977. She served in that capacity until the summer of 1979, when she took a job as Executive Director of the Northern

Region EMS Council, Inc. (currently, Interior Region EMS) based in Fairbanks. In the summer of 1980, Laurel returned to Sitka to once again serve as Executive Director for SEREMS. She resigned in 1984 to pursue graduate studies at Georgetown University in Washington, D.C.

During Laurel's tenure, she worked closely with the Southeast Region EMS Board of Directors, the Alaska Public Safety Academy, and the State EMS Office to expand EMT basic, advanced and instructor courses throughout Southeast Alaska. Under her management, SEREMS also published the first Emergency Trauma Technician (ETT) training manual and, by the early 1980s, saw that the ETT course was being offered throughout the state.

These years also saw SEREMS staff and board members working closely with hospitals and clinics in Southeast to expand training and continuing medical education for clinical providers, including offering the first Advanced Life Support (ATLS) courses in the state.

Today Laurel is administering an adult education program in Sarasota for people who speak English as a second language. She says there are almost 30 languages spoken in her district. She appreciated our bringing her news of EMS activities in Alaska and she asked us to extend greetings to her old friends and colleagues.

Laurel  
(Anderson)  
Chase with  
her husband  
Joe and  
daughter  
Danielle.



# Wrangell's Fantastic Five

By Randy Churchill, EMS Captain, Wrangell EMS

This past school year there were 5 high school seniors that wanted to learn more than math, history and the usual senior fare. These students wanted to learn about firefighting, treating a person in a medical emergency and how to find someone if he or she were lost.

The Emergency Services education of: Letitia Churchill, Nicki Nikodym, Jimmy Nelson, Josh Rice, and Scott Curley started at the Wrangell Fire Hall in September 1999 with CPR. At the same time they would learn about firefighting they would put in the hours to learn about EMS. The original goal of these enthusiastic students was an ETT registration (this was a 1/2 year class), however, shortly after starting the training, the group met and decided that since they would be training at the hall for the full year in firefighting they wanted to be EMTs as well. So class began. Teaching these exceptionally great kids was fun as they all had an intense interest in learning. There were some difficulties for me in scheduling lectures as each student had other extracurricular activities. Travel to basketball, volleyball, cross-country, and wrestling games or matches and drama or debate events would mean an absence of one or more of the five. When this happened we simply filled the time with firefighting drills or EMS skills practice.

As part of the leaning experience each student was given a radio and the "OK" to respond to calls. Thanks to the school's insurance policy, the kids were covered in case of an injury. They exercised their opportunities to learn in the field. Showing up on a call at 3:00am didn't keep them from getting up and going to school each morning. They also learned first hand what EMS in a small community is all about. Each of the five experienced the emotions associated with responding to a call involving someone they know. It was tough on all of them but they now know what a volunteer is called upon to do. There were times these young people

would come to class looking pretty ragged but they all have what it takes to volunteer: the heart, the dedication, the willingness to make time. In addition to all of the above, Letitia, Nicki, Jimmy, Josh and Scott also attended regular fire department meetings, par-



Wrangell's Fantastic Five with Wrangell Fire Captain and EMT Instructor Randy Churchill. From left: Josh Rice, Nicki Nikodym, Churchill, Jimmy Nelson, Letitia Churchill, Scott

participated in air pack drills and challenged the fire department's agility test, none of which were required. They did it all, did it well, and did it to learn. Each senior earned a full set of turn-out gear.

*"Showing up on a call at 3:00am didn't keep them from getting up and going to school each morning."*

Search and Rescue was an additional area of education our intrepid seniors pursued and they had an opportunity to practice what they learned. There was a SAR call 25 miles out of Wrangell on one of the logging roads. We had five vehicles out looking for this missing hunter. One of the trucks was

manned by the five with medical supplies and blankets. After looking for about three hours, they found the missing hunter who was okay but in need of jumper cables. After they assisted him they headed for town and checked in at the fire hall about 12:30am. These kids know that volunteers don't always receive thanks from those they help but that didn't matter to them when they set out on this search. They were rewarded with a rare opportunity to find who they were looking for (alive and well), assist him on his way and receive gratitude for their efforts. The grins on their faces were evidence of how rewarding the experience had been for them.

Wrangell's Fantastic Five successfully completed the State written and practical examinations in May and graduated from Wrangell High School later that month. They all still pack their radios and respond to calls.

## A LITTLE LAUGHTER:

*Some Steven Wright Thoughts-*

A bus station is where a bus stops.  
A train station is where a train stops.  
On my desk, I have a work station....

If Fed Ex and UPS were to merge,  
would they call it FedUP?

What hair color do they put on driver's  
licenses of bald men?

If a person with multiple personalities  
threatens suicide, is that considered a  
hostage situation?





## Iridium Goes Bankrupt, Global Star Steps In!

Global Star phones have become the newest technology to hit SE Alaska. Due to the bankruptcy filing by Iridium, the satellite phones purchased and distributed throughout SE have become useless. Thanks to some fancy negotiations, the State of Alaska was able to recoup nearly all their investment in the Iridium system and Global Star phones are being tested as an alternate form of communication.

The Global Star phones are unique in that they function as 2 completely separate phones. It has both cell phone technology and satel-

lite capability in one unit. This means that if you currently have cell service, the phone attempts to find a cell site for placing the call. If one can't be found, the sender can flip a switch and place the call utilizing the satellite system.

Communication has been interrupted several times in Southeast this past year with the loss of long distance service for many days at a time. This plays havoc with the ability for hospitals, clinics and EMS to do their jobs. It is hoped that the new Global Stars will assist with these agencies with their communication needs.

Along with units to be placed around SE Alaska, SEREMS purchased one of the phones for emergency use by any organization in the region (EMS, Fire, SAR). It is currently activated and ready to go with a moment's notice. For more information on the latest in communication technology, contact Bobbi or Thor at SEREMS.

## Kid Stuff!

Thanks to an EMSC (Emergency Medical Services for Children) grant, communities will be receiving some much needed pediatric equipment. Those communities completing the pediatric equipment survey and qualifying for equipment are: Angoon, Coffman Cove, Craig, Gustavus, Hoonah, Hydaburg, Juneau, Klawock, Pelican, Petersburg, Skagway, Tenakee Springs, Thorne Bay and Yakutat. Look for official notification of the equipment in the next month.



## WANTED

### (Alive and Kicking)

**Directors to fill the Level 1\* and Level 2\*\* community seat open on the SEREMS Board(One director is needed for each level).**

**Qualifications:** Must reside in level appropriate community, be involved in EMS, have a desire to work with all levels of prehospital providers from throughout SE Alaska, be willing to attend 2 meetings a year in Sitka, (at SEREMS' expense) and be a part of the region-wide planning for the future of EMS.

**To Apply:** Submit to the SEREMS Executive Director, a letter from your sponsoring EMS organization requesting that you be seated as a representative on the SEREMS board. Letters of support should also be included if available.

**DEADLINE FOR APPLICATION: September 1, 2000.**

\*Level 1 communities are those that are not incorporated into cities. (Hollis, Meyers Chuck, Port Alexander, etc.)

\*\*Level 2 communities are those incorporated as cities but not having a hospital. (Klawock, Skagway, Haines, Kake, etc.)

Contact Bobbi or Michelle at SEREMS for more information.

## The Heart of Volunteering...

by Bobbi Leichty

Volunteer (defined by Webster's) means "to offer or give of one's own free will....to offer to enter into any service of one's own free will." In rural Alaska, that definition could be expanded to include "for improving the quality of life for our own families, neighbors and strangers passing through."

Volunteering is no easy task. It is made even more complicated by the fact that we have only ourselves to rely on when a crisis befalls us. Volunteers of the Fire Departments, EMS and Search & Rescue are called on when situations are out of control. In other words, they are asked to walk in to people's nightmares and restore order.

It takes a special person to volunteer. They have to be willing to devote precious time away from family, jobs and leisure time. Sometimes, they are investing not only their time but also their own money. They have to practice their skills, learn new ones, gain experience and constantly strive to be 'ready' at a moment's notice. Because of where we live, they have the added emotional burden of

working on their relatives and neighbors. This carries it's own emotional toll. Responders have to have an abiding belief in their community and in mankind itself. They must also have support from their families, friends, bosses, city governments and the residents they serve or the burden of volunteering becomes too much for them to shoulder.

Volunteers should not have to be victims of mis-information campaigns. Rumors, gossip and tales of supposed mistakes inevitably circulate after each tragedy. The members of the rumor mill do not bother finding out the facts because the myth is so much more exciting to believe. The loudest members of that chorus, singing these spun tales of fiction are the ones that would never risk their lives or reputations by volunteering. Thank goodness!

Volunteers do not have special immunity from the hurt that is inflicted. To the contrary, volunteers have tender hearts and a softness in their soul for people who are suffering. Their arms and back ache from holding a fully charged hose too

long, they're exhausted at work after getting called out of bed for another bar call, they are wet, cold and tired after searching the woods with the temperature dropping. They care, or they wouldn't be there. They are volunteers and they come back for more.

The rewards? Sometimes it is the knowledge that you stopped further damage, reunited a family or tested your abilities under stressful conditions successfully. Sometimes it is the simple words from a superior saying "well done" or "you made a difference". Sometimes, there are no words, just the look in the eye of someone you've helped. Even if all you were able to offer was your presence, it seems to be enough.

Not everyone is suited for standing on the front line of Fire Service, EMS and SAR. Some people are able to volunteer by driving an ambulance, keeping the local paperwork done, organizing fund raisers, acting as a dispatcher, maintaining the equipment and supporting the rescuers while they're doing their jobs.

grows, as the road and ferry systems improve, volunteers will need each other more than ever. In the near future, there will be opportunities for training coming to your communities. It can be as simple as learning CPR, being a mock victim for a mutual aid training drill between communities, baking cookies, or voicing your support of the volunteers. Think about investing some of your precious time and energy in the people around you.

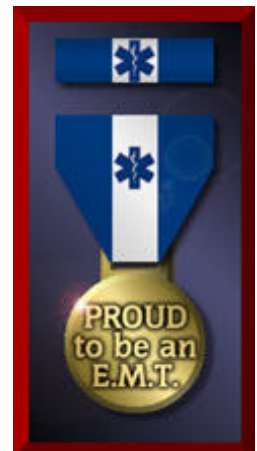
If you are interested in joining the volunteers of fire, EMS or SAR, please contact the local fire department or city offices. If not, please yield to their flashing lights, stop screaming out your advice from the sidelines and get your facts straight before you gossip. You never know, the volunteers may be whom you have to call if it's your turn for a nightmare. You'll want them there.

## There When We Need Them

The Klawock Police, Volunteer Fire Department and EMS responded to every communities' nightmare in the early morning hours of June 10<sup>th</sup>. With a response time of just 8 minutes, they were on scene for a trailer fire with a child trapped. The child was pulled from the building, resuscitated and rushed to the local clinic with second and third degree burns. She was medevaced to Ketchikan by a local floatplane and then on to Harborview Medical Center in Seattle by Airlift Northwest. She died there hours later. The effects of this fire have been devastating to the community and to the volunteers who valiantly fought for her life. Please take a few moments and drop the KFD a note or e-mail—give them some support. They can be reached at:

Klawock Fire Department and EMS  
PO Box 469  
Klawock, AK 99925  
Robyn Gould, EMS Captain  
email: coho@aptalaska.net

Volunteers are needed all over the Alaska. As the population



## TRAINING SCHEDULE

COURSE	DATES	LOCATION	INSTRUCTOR	SPONSOR
EMT-3 +R	8/25-9/3/00	Sitka	Lewis 966-8777	SEARHC EMS
EMT-3 +R	11/13-18/00	Ketchikan	Team	SEREMS
EMT-1 +R	Sept/Oct.	Sitka	Team 747-3233	Sitka Fire Dept.
Wilderness First Resp.	10/6-13/00	Haines	Team 966-8769,8771	SEARHC EMS
EMT-1,2 R	10/22-28/00	Angoon	Lewis 966-8777	SEARHC EMS
CPR/AED/FA Instr	11/27-12/1/00	Sitka	Team 966-8769,8777	SEARHC EMS
MOI Class	11/27-12/8/00	Sitka	Janik	SEREMS
EMT-1 +R	1/6-21/01	Sitka	Van Cise 966-8769	SEARHC EMS
EMT-1 +R	1/22-2/4/00	Craig	Leichty	SEREMS
EMT-2 +R	2/2-11/01	Sitka	Lewis 966-8777	SEARHC EMS
Wilderness First Resp.	2/18-25/01	Sitka	Team 966-8769,8771	SEARHC EMS
Wilderness First Resp.	3/31-4/9/01	POW Island	Team 966-8769,8771	SEARHC EMS
Wilderness First Resp.	4/23-30/01	Skagway	Team 966-8769,8771	SEARHC EMS

### PREHOSPITAL CME OPPORTUNITY:

September 20-24, 2000 EMS Preceptorship in Seattle or Tacoma for Rural & Village EMS Personnel  
 December 6-10, 2000 are available for these dates. Contact Eric Van Cise of SEARHC EMS @966-8769.  
 March 14-18, 2001  
 May 16-20, 2001

### CLINICAL CME OPPORTUNITY – KETCHIKAN GENERAL HOSPITAL

September 8 or 9 Evening session Street Drugs/Violence (more TBA)  
 September 9 Day long session Womens' Health Issues (more TBA)  
 September 10 Day long session ACLS Recertification

### September 11-13 3-Day CE Program CARDIOLOGY

Ketchikan General Hospital will present a Three-day CE Program focusing primarily on Cardiology. Speakers from the University of Washington will present lectures on various topics including Unstable Coronary Syndromes, Ischemic Heart Disease, Atrial Fibrillation, Acute CVA and much more. The fine tuning of this program is still in the works so watch for more information. *Make sure you mark these dates on your calendar!*

### Elsewhere in the State:

COURSE	DATES	LOCATION	CONTACT INFORMATION
2000 National Wilderness Risk Management Conference	9/21-23/00	Anchorage	<a href="http://www.uaa.alaska.edu/aoee/news.htm">http://www.uaa.alaska.edu/aoee/news.htm</a>
2000 State EMS Symposium	11/9-12/2000	Anchorage	(907) 465-3141 matt_anderson@health.state.ak.us <a href="http://www.hss.state.ak.us/dph/ems/ems_symp.htm">http://www.hss.state.ak.us/dph/ems/ems_symp.htm</a> <a href="http://www.alaska.net/~sremsc/">http://www.alaska.net/~sremsc/</a>

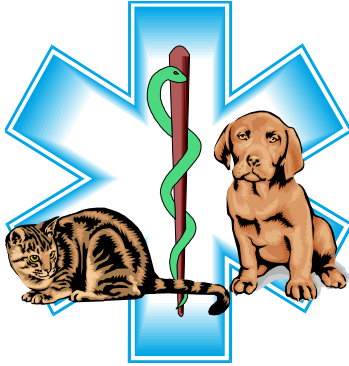


## THANK YOU, THANK YOU, THANK YOU!

This year's symposium fundraiser and auction raised \$5,550.70 plus there were cash donations totaling \$2,575.00. These funds will be used to equip and enhance the classroom and offices at SEREMS. Thanks to everybody who donated items for the auction and congratulations to Pat Chapman of Meyers Chuck for winning the round-trip tickets for 2 on Alaska Airlines!

*See pages 7-9 for more Symposium wrap-up...*

## PRESYMPOSIUM HIGHLIGHT: EMS for....PETS?!



SEREMS was able to offer four presymposium classes this year: Emergency Medical Dispatch (EMD), Basic Trauma Life Support (BTLS), Planning to Avoid Childhood Emergencies (PACE), and EMS for Pets. That's right, Emergency Medical Service for pets.

We had the same reaction when Rob Janik our EMS Trainer suggested it at a staff

Symposium planning meeting last year. "Are you serious?", we asked. After we accustomed ourselves to the great idea and put it on the schedule, Rob then went to the CME "powers that be" for approval. Much the same initial reaction from Matt Anderson of CHEMS and Rob Wagoner of National Registry were heard before they came to see the benefits of such a class. Really, this type of training for EMS responders makes sense. How often, after all, are EMTs in remote areas looked upon to help ill or injured pets or domestic animals as they are

the only "medical" personnel around. In addition, EMS providers have historically been looked to at fire scenes to resuscitate a family pet after all humans have been cared for and are safe.

And so, "EMS for Pets" was born. What a brain child it turned out to be. Rob presented Burgess Bauder, DVM, a practicing Sitka vet, with his vision of a course outline. Dr. Bauder and fellow DVM and EMT-I Vicky Vosberg took it from there. By the time presymposium rolled around an 8-hour course was created covering such topics as: Rescuer protection from frightened, injured or ill animals.; Canine and feline anatomy, physiology and life sign norms; Common pet emergencies.; Basic emergency care for injured or ill domestic animals; Basic equipment needs/modifications for animal emergency care.

EMS for Pets was well developed, well attended, and well received...a resounding success!

## PRESYMPOSIUM SUCCESS STORY: EMD Training *WORKS!*

Submitted by Darlene Guzman, EMD Instructor, Ketchikan Fire Department

Sitka Police Dispatcher Paul Arvin had no clue his dispatch training would pay off in the first week after the class. Paul attended the Emergency Medical Dispatch class taught by Darlene Guzman and Rich Leipfert during the SEREMS Presymposium. The following Saturday, Paul was confronted with a suicidal caller who was very distraught leaving him with his freshly acquired skills.

Using a technique called "repetitive persistence" and asking appropriate questions, Paul was able to determine all pertinent information about the person and get help to him. Paul remained on the phone for 15 minutes with the caller until responders arrived.

Paul's tone of voice, professional manner and determination helped save a life. Good job PAUL

## Welcome Reception Cruise: Try It, You'll Like It!

In the past we have tried to give the Symposium attendees, vendors, and instructors a chance to meet and get acquainted before the Symposium starts. It is a great opportunity to relax after travelling in to Sitka, have a delicious bite to eat, and see which of the old friends are in town. We did offer this event again this year. The difference was, we hosted the event on



Bobbi Leichty and husband Tony enjoying calm seas, good food and the great company of Symposium speaker Jeanne O'Brien and her mom Elaine.

an Allen Marine, Inc. 78' Catamaran.

Why would a person from SE get on a boat, in the dark, in March? Why not? It didn't cost anything, there was a ton of great food, great people and great conversation. Everyone who joined us had a great time and enthusiastically asked us to do it again. We will however, shoot for daylight hours next year.



Ronni Sullivan (L.), guest instructor and Executive Director of Southern Region EMS chatting with Marty Sharp of Hollis EMS.



# SYMPOSIUM 2000: SAR-less Yet Successful

March isn't the best time of year for travel in Southeast Alaska. But then, EMS people have never been known to be faint of heart. Once again our old friends, and some now new friends, braved the weather, Alaska Airlines flight schedules, and all other obstacles to come to Sitka.

The 2000 Southeast Region EMS Symposium was a little different this year. We had to give up the Search and Rescue Track in deference to the State SAR Conference in Juneau. It was a frustrating situation for all who were involved in planning this excellent track but, in the end, everything worked out well.

The 16th Annual Symposium had a lot to offer even without SAR. Focusing on a theme of Trauma we were able to bring to Sitka some incredible speakers

who provided excellent information. Clinical and prehospital participants alike were pleased with the knowledge and presentation styles of the speakers.

Our extracurricular events were a bit different and well received also. The Welcome Reception cruise was a huge hit despite the hour of the day (it was dark). We had a TON of food and

smooth sailing. Conehead changed in format to "Who Wants to be a Doctor?", sound familiar? All of the hard work of Mike Motti, Ken Weimer, Eric Augustus and Katie Lewis really showed. The new format jump-started participation in the event. All who attended participated in some fashion. It was great fun!

We also had a very successful awards banquet -



A few of the Wrangell Amulance Service folks in Sitka were: Lucy Robinson, Leland Purvis, Penny Allen and Robert Ivy.



Skagway's symposium contingent. (L. to R.) Chelsea Nilsen, Frank Wasmer, Fire Capt., Nancy Schave, EMS Lt., and Candace Cahill.



Petersburg EMS Captain, Doug Cronlund and self-proclaimed EMS groupie Harry Chartier, Sitka.



Lifeguard Alaska representatives Trudy Young and Ella Crowley.



(L. to R.) Kevin Trahan, Chris Hebert and Brendt Brandewie for the USCG Air Station Sitka.



Jacque Nickerson, Klawock and Lee Tomlinson, EMS Coordinator, Craig.



Some of Ketchikan's crew taking a break. (L. to R.) Glen Hofmann, Greg Karlik, and EMS Lt. James Kleinschmidt.



Talking "AHA" are Pat Chapman, Meyers Chuck and ECC Coordinator Pam Beale.





Beldar (A.K.A.) Mike Motti, EMS Coordinator for SEARHC EMS, taking a refreshment break during the Conehead Competition: "So you want to be a Doctor?"

Mike Motti and the rest of the ever enterprising Conehead crew did a FANTASTIC job on the "Quiz" this year. Borrowing the basic format from TV's "Who Wants to be a Millionaire" and giving it their own special twist, Mike et al. rejuvenated participation in this annual event. People from all sorts of certification and profession levels vied for a chance in the "hot seat" The Cone-

## "Who Wants To Be A Millionaire" + Conehead Quiz = "SO YOU WANT TO BE A DOCTOR?!"

head Quiz was a fun-filled success.

We really want to thank all who attended and participated. Conehead requires a tremendous amount of work and creativity to put together each year. Mike Motti and Ken Weimer try very hard to make it entertaining and unique. It is the enthusiasm and enjoyment we saw this year that enables us to convince Beldar to give it another go year after year.

***Thank you Mike, Ken and all of your willing and creative recruits, an excellent Conehead event!***



That's Ken Weimer formerly of Sitka now of Evergreen Ambulance in Auburn, WA in the shades, groovy shirt and funky tie, but who is that in the hot seat? Is that? Could that be? It looks like...Nah, we could lose our funding printing a picture of HIM participating in Conehead for the first time ever!

## Southeast Region EMS Council, Annual Award Winners

The Southeast Region EMS Council, Board of Directors honored a diverse group individuals and organizations with awards for outstanding EMS care. In addition to the award categories of the past, a new award, the Generous Heart Award, was given to an individual who goes above and beyond the call of duty in the provision or instruction of CPR.

Those honored with awards at our 16th annual banquet were greatly deserving of the recognition they received.

**Clinical Provider of the Year:** Nominated by the President of the village, this team is valued by their community for their hard work and dedication to the people of Kake. Please join us in honoring the team from the Kake Health Clinic: Marcia Aceveda, Bill Alsip, Edna Charley, Paul Reese and Kurt Welsner.

**Prehospital Provider of the Year:** We received many letters of nomination for this young and newly certified EMT to receive this award. Although new to the EMS world, he has proven to be a bright beacon for EMS of the future: Ben McCandless of the Wrangell Ambulance Service.

**SE EMS Service of the Year:** Nominated at both the State symposium and here for their efforts in responding to calls on sea, on land, and underground, these make their co-workers and "bush" community safer. We congratulate the Greens Creek Mine EMS Volunteers.

**Generous Heart Award:** She has a long history of tirelessly trekking the SE region of Alaska teaching CPR. Sometimes she donates fees back to the Alaska Firefighters Association, at times she teaches to EMS personnel without compensation and insures all EMT's in her community are current with their certification. For these and other reasons we honor Barb Broderson of Skagway for her contributions in teaching CPR to all who wish to acquire the skill.

**President's Neighbor Helping Neighbor Award:** The group recognized here help all of us. They respond when no one else can, on all terrains, in all types of weather, to all types of emergencies. During 1999 they responded to 57 dangerous non-maritime medevacs in SE. To EMS providers, the sound of that helicopter is the best sound in the world. We honor the US Coast Guard Air

Station Sitka.



Members of Greens Creek Mine's EMS Service of the Year enjoying the banquet.

### \$50 Award

Time to exercise your artistic talent and challenge your creativity. Design a logo idea for the 2001 Symposium. Contact Korie for more information.

## SAVE A HEART SATURDAY! - Sitka's Mass CPR Training



Volunteer Instructor Eric Van Cise (in hat) observes student practicing CPR skills while other students look on during group break out session.

Saturday, April 22, 2000, was the day we chose. It would be free. Publicity kicked in about three weeks before that day and it didn't take long for the word to spread. "SAVE A HEART SATURDAY", as dubbed by SEREMS was an opportunity for anyone age 14 or above to learn the basics of CPR. Utilizing the program developed by the American Heart Association for mass community CPR training, we offered the public an option of three ninety-minute training sessions.

Each session consisted of a 45 minute lecture on one-person adult CPR and foreign body airway obstruction followed by skills practice for 45 minutes. Each student completing their session exited with a *Heartsaver ABC-Adult CPR for the Community* booklet which includes a Heartsaver ABC participation card. A total of 96 people took advantage of this training opportunity. What a great turnout!

SEREMS would like to acknowledge the generosity of some important folks without whom we could not have offered this free training. Our thanks to the following instructors who donated their Saturday: Lolly Dahl, Katie Lewis, Colleen Meabon, Greg Raschick, and Eric VanCise. In addition, the City of Sitka donated the use of Harrigan Centennial Hall. SEARHC Lighthouse Catering donated fruit and snack trays for all of the students and boxed lunches for the instructors. Raven Radio donated airtime for promotional ads. Again, thank you all for your support of our organization and your com-

munity.

SEREMS encourages other communities to organize mass CPR classes. Aside from teaching an invaluable skill to numerous people, they are wonderful community building events.

If you are interested in planning this type of event in your community, SEREMS would be happy to help. We will share our curriculum, promotional materials and ideas with you. Call Michelle with any questions or requests.



Students from one breakout group practice taking pulses while volunteer instructor Colleen Meabon (background) talks about airway obstruction to her group.

## ECC Instructor Guidelines 2000 Update

From: Beth Cooper, National ECC Manager, Training and Programs

### Instructor Renewal Criteria:

- Have a current AHA instructor card
- If the card has been extended \*, complete the normal renewal criteria for the specific discipline in accordance with the current published AHA Training Guidelines.
- Complete the official Guidelines 2000 Update in the appropriate discipline. (Offered at the state symposium and SEREMS pre-symposium. Other update courses to be announced)
- requirements for renewal when his/her card expires.
- At the time of expiration, the AHA may grant an extension until June 30, 2001.
- This extension is recognized by the AHA until the instructor attends a Guidelines 2000 Update, but no later than June 30, 2001.
- The Letter of Extension is provided by the instructor's CTC and kept in the instructor's file.
- After the instructor completes the required Guidelines Update, the instructor will be given a Guidelines 2000 Update Certificate.

### And for BLS Instructors only:

- Complete the AED Instructor Course/ Orientation

**\*Renewal Criteria for AHA instructors whose card expires July 1, 2000 to June 30, 2001**

### Card Extension:

- The AHA instructor must be a current AHA instructor and have met all the

certificate to his or her CTC, and the CTC exchanges it for a new Instructor Card.

- The dates of the new instructor card shall be the renewal period that was in effect for the instructor at time of the extension. (Example: old card had expiration date of 7-2000, new card will be 7-2000 until 7-2002 even though the card was issued at a later date).
- The only approved proof of an instructor extension will be the AHA National Extension Form.

**This is preliminary information from AHA; more info will be coming soon.**

### **ECC Instructor Guidelines...**

- The instructor then presents this



# CPR Complacency?!

CPR, part of all our EMS training, yet at times it appears that it is insignificant when the greater picture is looked at. When teaching an EMT class we get through CPR as quickly as possible so we can get on to the big picture. As a CPR Instructor Trainer, I often encounter the complacency of learning CPR. Many of the classes I teach are required for employment and the attendees come with the attitude of, "okay, let's get this over with so I can go home." I admit that I, also, see recertifying my certification a chore as the course is offered only once a year and usually requires that I travel to the course location, a situation which often costs me a week's pay. Additionally frustrating is that when I seek help in finding an appropriate course, I am told one will be offered somewhere eventually.

Why has CPR become such a hassle? Is it because statistics tell us that the survival rate is not high or that we are told we must learn it because it is part of the job description? Maybe we have only seen the negative outcome and really don't believe that it will work. CPR does work, however, even if only for that 10% of the population. If it were you or someone you loved in that survival group it would be the miracle treatment we all wish it could be every time.

As health care providers, we should take pride in perfecting our skills in CPR just as we would in starting an IV or appropriately placing someone on a backboard. It is, after all, still defined as the first link in the chain of survival for the cardiac arrest victim whether in the field, clinic, or hospital. It is the procedure performed while the advanced care is being set up. In Alaska, it may be the only thing that can be done for an extended time period while waiting for advanced help to arrive on a remote scene.

Attitude plays an important role in the field. Those of us who teach need to portray the attitude that knowing CPR is just as important as knowing how to start an IV. Don't brush through this part of the training. Take it seriously and promote perfection. I go into each class with the attitude that one of these students may have to perform CPR on me or one of my loved ones. I want them to know how to do it effectively. I start off with asking them if they are there for employment reasons only, then I proceed to get them to understand that they are there for themselves. I use personal and professional experiences to emphasize my point. Yes, I have seen CPR be successful in the field and in the hospital. It is a gratifying feeling to see it work. Equally gratifying is seeing it done right no matter the outcome, that an all out effort was put forth against all odds.


We need to change our attitudes about CPR and be more positive toward learning and teaching the procedures. Not all that long ago, my husband died of a massive heart at-

tack and I thought I could never go back to teaching CPR. I did because it showed me that we must push on keeping the masses trained. It does make a difference.

By Sue Nikodym, RN, AHA Regional Faculty,  
EMT Instructor, Wrangell



Never too young to start, Jessica Chapman age 9 months (in 1988). One of our favorite pictures.



## American Heart Association Northwest ECC Guidelines Conference October 22-24, 2000 Coeur d'Alene, Idaho

Information on the 2000 AHA Guidelines for CPR and ECC will be presented for all AHA Regional Faculty, Instructors and CTC Coordinators. Along with the 2000 guidelines, new developments in science and other changes in the ECC program content will be discussed in detail.

**For more information call Jana at the AHA  
Northwest Region office:  
1-888-CPR-LINE**



## AHA Revision Release Dates



### ECC TRAINING MATERIALS AVAILABILITY

The American Heart Association frequently revises and updates the texts, guidelines, and booklets it publishes. Here are the scheduled release dates of the new AHA materials. Due to the revision of the textbooks, we will not be taking any returns on AHA books until the transition period has ended. We do not get refunds on the old materials; therefore we can not offer refunds to you. We apologize for any inconvenience this may cause. Call us if you have any concerns or questions.

		AUG	SEPT	OCT	NOV	DEC	JAN
Handbook Guidelines		8/15					
		8/15					
BLS	Old		9/25	10/1			
	New						
PALS	Old				11/30	12/1	
	New						
ACLS	Old					12/15	
	New					12/26	

When new materials become available, distributors will no longer sell old ECC materials

## The Alaska Comfort One Program

Some individuals who are terminally ill do not wish to have life saving measures, such as CPR, performed when their breathing and heartbeat stop. In October, 1996, Alaska laws and regulations established the "Comfort One" program to help health care providers identify terminally ill persons who have expressed these wishes. In addition, the program establishes a protocol for health care providers to respect these wishes once the person has been identified as being enrolled in the program.

A standardized form, wallet card, and optional bracelet, obtained through a physician, serve to alert health care providers that the patient has been issued a valid Do Not Resuscitate order. If a health care provider finds evidence of enrollment in the AK Comfort One program, and confirms the patient's identity, the health care provider will not start CPR. If CPR had been started prior to determining the patient is enrolled in the Comfort One program, it will be stopped. If the health care providers are unable to confirm that the patient is enrolled in the Comfort One program, they will provide emergency medical

care, including CPR, according to their normal guidelines. **The Alaska Comfort One protocols do not affect the provision of medical care other than CPR.**

To enroll in the AK Comfort One program, a person must have a terminal condition and must complete a simple form, which may be obtained from the patient's physician. At the time the physician enrolls the patient in the Comfort One program, the patient is given a copy of the enrollment form and a wallet card. These should be kept in a visible or easily accessible location.

For more information about the Alaska Comfort One program, contact the Alaska Section of Community Health and Emergency Medical Services at (907) 465-3027 or visit its website at <http://www.chems.alaska.gov>.

### Change of Address

If the above site address for CHEMS looks different, that is because it is different and so is the website. Recent revisions have made the CHEMS and EMS Unit websites more user friendly and helpful. To go directly to the EMS Unit page type in [http://www.chems.alaska.gov/alaska\\_ems.htm](http://www.chems.alaska.gov/alaska_ems.htm). There is a lot of great information here including links to a ton more. For more information on the Comfort One program or other State EMS Programs, check out this website!



Comfort One designator bracelets are issued by a physician in conjunction with Comfort One forms. They are available from SEREMS for \$14.30 each.



## CME's through Video

It is never too early to think about recertification of your EMT standing. CMEs are frequently where folks find themselves short come their expiration date. We receive many panic phone calls as these dates roll around from EMTs who have waited too long. "How do I get more CMEs?", is a frequently asked question. Watching *PULSE Update* videos is a great way to accumulate up to 12 hours of CME credits (the most the State will allow for this category).

Below is a list of the of recent *PULSE* videos available from our lending library as well as a few others from additional video publishers. We charge a nominal \$5.00 handling

charge for packaging and lending 2 videos at a time plus postage. Included with the *PULSE* videos are post tests to complete. Simply return the tests with the videos and, if the tests are passed, we will send you a CME certificate. Each video is worth 1 hour of CME credit.

PLEASE don't wait until the last minute. Its never a bad thing to have too many CMEs. Call Thor for more information or to borrow a video today.

---

PULSE Update Videos are considered current for CME purposes for 2 years. We have older PULSE tapes for informational and training purposes. Call Thor for a complete listing of our video library.

January 1999 – Respiratory emergencies  
Segment 1 – Anatomy and physiology of the respiratory system  
Segment 2 – Respiratory assessment  
Segment 3 – COPD/emphysema  
Segment 4 – Acute pulmonary edema

February 1999 – Infectious diseases  
Segment 1 – Infectious diseases: a global perspective  
Segment 2 – Modes of transmission  
Segment 3 – Regulatory issues / ppe

March 1999 – Orthopedic injuries  
Segment 1 – Kinematics and mechanism of injury  
Segment 2 – Femur/pelvic fracture, PSAG's  
Segment 3 – Case study: The high tech patient  
Segment 4 – Prevention and research

April 1999 – Patients with special challenges  
Segment 1 – The hearing and visual impaired patient  
Segment 2 – Interacting with patients who have special challenges  
Segment 3 – Language barriers

May 1999 – Response to special incidents  
Segment 1 – Response to terrorism  
Segment 2 – Evacuation procedures  
Segment 3 – Mass gathering management  
Segment 4 – Planning and logistics

June 1999 – Altered Mental Status  
Segment 1 – Pathophysiology of Altered Mental Status  
Segment 2 – AEIOU-TIPS  
Segment 3 – Evaluating Mental Status in the Field  
Segment 4 – Treatment of the Altered Mental Status Patient  
July 1999 – Violence  
Segment –1 Causes of Violence  
Segment – 2 Domestic Violence  
Segment – 3 Treatment and management of the violent patient  
Segment – 4 Chemical Restraints

September 1999 – Cardiac Patients  
Segment –1 Differential diagnosis of chest pain

Segment – 2 Case study: The chest pain patient  
Segment – 3 The 12 lead EKG  
Segment – 4 PAD/AED

October 1999 – Penetrating Trauma  
Segment –1 Ballistic Trauma  
Segment – 2 Knife injuries  
Segment – 3 Tactical medicine

November 1999 – Care for the terminally ill  
Segment –1 Patient care  
Segment – 2 Emotions of the family  
Segment – 3 Hospice care  
Segment – 4 Testimonial: Understanding the patient

December 1999 – Topics in EMS  
Segment – 1 Fireworks injuries  
Segment – 2 Injury Prevention  
Segment – 3 Construction accidents  
Segment – 4 How to testify

January 2000 – Shock  
Segment – 1 Pathophysiology of shock  
Segment – 2 Low resistance shock  
Segment – 3 Cardiogenic shock  
Segment – 4 Hypovolemic shock

February 2000 – Communications  
Segment – 1 Internal  
Segment – 2 Transfer of Data  
Segment – 3 Non-Verbal  
Segment – 4 External

March 2000 – Issues at the Crime Scene  
Segment – 1 Preservation of the Scene  
Segment – 2 Preservation of Evidence  
Segment – 3 Legal Issues  
April 2000 – Airway  
Segment – 1 Anatomy and Physiology  
Segment – 2 Traumatic Airway  
Segment – 3 Devices  
Segment – 4 Management Techniques

May 2000 – Prevention  
Segment – 1 Illness/Injury Prevention for Providers  
Segment – 2 Illness/Injury Prevention for Public  
Segment – 3 Post-exposure for Infectious Disease

June 2000 – Burns  
Segment – 1 Fireworks  
Segment – 2 Respiratory Burns  
Segment – 3 Chemical Burns

### OTHER MEDIA AVAILABLE FOR LOAN

American Heart Association Basic Life Support video  
This video supports the BLS classes from AHA

Sam Splint training video  
The Sam Splint people put out this video, it is pretty good.

Pyramid videos AED for Rescuers  
A basic AED tape

Pyramid videos Bloodborne Pathogens,

Mosby Pass ACLS! Video  
Mosby Pass Paramedic! Video  
Mosby's EMT-B text, by Walt Stoy

State of Alaska Cold water near drowning and hypothermia video

The Glasgow coma scale video

Heart sounds and murmurs, a practical guide.  
CD and book by Barbara Ericson.

# MAKING TRACKS...

## To Retirement.

SEREMS recently learned (hours before he walked out the door) that Scott Eddy was retiring. By the time you read this he will be enjoying the beginning of a year-long road trip across the country with his family. For those of you who don't know Scott, he has contributed much to EMS in Southeast Alaska. He and his wife Ann have lived in several communities in SE, most recently Skagway, Scott working in law enforcement and volunteering his time as an EMT.

In addition, Scott has been an EMT-I instructor for years and a great help to our office a Certifying Officer for EMT certification exams.

Now, rumor has it (Scott told us) the Eddys will probably settle in Anchorage once their travels are complete so we will probably still see Scott around SE sometime in the future. But, it just won't be the same. The staff of SEREMS would like to extend our congratulations and "job well done"s to Scott on his retirement. More importantly we wish to say "

Thank you" for all he has contributed to Alaska EMS (so far).



Scott from back in his days residing in Pelican.

## To New Places.

Michelle Sullivan, NREMT-P left her position as EMS Training Officer for Capital City Fire and Rescue. Michelle hasn't been with us in SE for long but she has made contributions to EMS in our region. SEREMS wishes her well as she heads to Anchorage to join the ranks of Theresa Jorgenson's new North Star Emergency Services Academy (formerly Aurora North Academy under George Angus). Good Luck, Michelle.

## Up the Ladder.

After a long and winding road, well EMS Captain search, Ketchikan Fire Department has someone in their EMS hot seat. You know, the person who makes sure everyone has a current certification, arranges training, etc. James Kleinschmidt, NREMT-P has stepped into the revamped EMS Captain position and is now Ketchikan Fire Department's EMS Lieutenant. He held the job during the six month period of the position's evaluation and restructuring. Naturally, James was the likely candidate to step into the job permanently. James has been with the Ketchikan Fire Department for 7 years. Joining the department as a firefighter, he soon attained his EMT certification and worked his way up to a paramedic license. SEREMS extends our congratulations to James as he steps into his place in SE Alaska EMS. We look forward to working with you in the future!



Ketchikan Fire Dept., EMS Lt. James Kleinschmidt

## To Knowledge.

Life in EMS started, for Rose Frisby, in 1991 when a friend in Hydaburg wanted to take the ETT course being offered but wanted someone to take it with her. With some convincing, Rose finally agreed to attend. Following completion, she helped reorganize the Hydaburg EMS squad with the assistance of Mike Motti and Ken Weimer from Sitka. Their hard work resulted in a good response team for about a year then, unfortunately, everything went haywire. Rose, alone, ended up being the EMS squad for almost a year. When Ted Peele started volunteering

with her they were able to get a good team going again.

Rose upgraded her EMS training to an EMT-I certification in 1992 then acquired her EMT-II certification in 1994. Later that year, she applied for and got the job as EMT Instructor Trainee with SEARHC EMS and moved to Sitka. She became an EMT Instructor in 1995, joined the Sitka Volunteer Fire Department and eventually worked her way up to Lieutenant.

Rose moved to Anchorage to be with her family in 1998. She worked for Aurora North Emergency Services Academy (ANESA) as a BLS Coordinator for almost a year. She took on the job with plans to leave the company when a position came open for the full-time paramedic class. She applied and got accepted. Most of the students in her class were National Guard Parajumpers which made the class interesting and fun. She completed her 480 hours of internship with the Delray Beach, Florida Fire Department. Rose ran with an

interesting crew and wondered what she was getting into when asked if she knew how to hook up an oxygen tank! Most of my calls were medical - geriatrics. Most of Rose's patients were cooperative but they were really understanding when they found out she was from Alaska and couldn't tolerate the heat as well as they did. Nobody complained about the sweat dripping off her face as she worked around them.

This fall Rose plans to apply for a position with a medevac service in Anchorage. That



Congratulations Rose Frisby, MICP



was the reason she decided to become a paramedic...to return to medevacing. So keep your eyes and ears open, Rose may fly in for a visit someday.

If you would like to reach him, the easiest way is to use e-mail at [bill@u.washington.edu](mailto:bill@u.washington.edu).

Medical school is a four-year process, of which Bill Kriegsman, former EMS Captain of Ketchikan Fire Dept., has completed (successfully we presume) the first two. Those two years were mostly spent sitting in the same chair for six hours per day, with periodic breaks to do spend quality time with his cadaver (more affectionately known to his group as Bertrand).

The third and fourth years are spent all around the pacific northwest in hospitals and clinics. This will be Bill's chance to use the science that he (hopefully) learned in the first two years. At last report, Bill was scheduled to do rotations in Olympia, Tacoma, Seattle, and Anchorage for third year. Fourth year rotations may include may include communities in Southeast as well as Seattle.

By the time that you read this, Bill will have finished the first step of his national boards and will be doing pediatrics at Mary Bridge Childrens' Hospital in Tacoma. Since this is close to his farm in Oakville, he will be able to spend time with his son, Kyle, and his wife Christy (as well as their assorted cows, horse, rabbits, chickens, guinea pigs, and dogs).



The Kriegsman's shortly before their departure from SE



After waiting 2+ weeks, the Sitka herring sac roe fishery opened on the day after Symposium. This was the view from SEREMS' front window.

### SYMPOSIUM 2001...

planning is underway. Mass casualty situations, bioterrorism, AHA updates, and pediatrics are being considered in the planning process. Mark you calendars:

March 21-22, 2001 for Presymposium  
March 23-24, 2001 for Symposium

### LOST with hopes of FINDING

Katie Lewis of SEARHC EMS is looking for her cup that disappeared at Symposium. She has contacted our office and the Centennial Building staff and no one has seen it, Katie describes cup as a Nissan Stainless Steel travel cup with a closed lid (a very nice cup). It can be identified as hers by the Star of Life sticker she has on it. Katie was sitting in the Auditorium against the back wall. If anyone knows of its whereabouts, she would really like to have it back.

She can be reached at (907) 966-8771. Or mail the cup to her:

C/O SEARHC EMS  
222 Tongass Drive  
Sitka, AK 99835

If someone has it and has decided they need it more than Katie, let her know. She will mail that person the other lid that goes with it. She certainly won't need it.

**ALSO:** SEREMS is offering a \$50 reward for the return of our Childbirth Simulator Manikin. Included in the pale blue canvas carrying bag are 2 infants (full term and premie), umbilical cords, placenta, tummy skins etc. The main body of the manikin has been drawn on with permanent black ink for representation of skeletal structure. Please call SEREMS or send it home. Thanks.

**SEREMS is a nonprofit organization committed to the excellence of EMS in Southeast Alaska. We are here to help you.**

**Bobbi Leichty**  
Executive Director

**Rob Janik**  
Regional EMS Trainer

**Michelle Twitty**  
Special Programs Administrator

**Korie Holmes**

**Training Coordinator**

**Duane Wahlman**  
Finance Manager

**Thor Christianson**  
Resource Manager

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FOR THOSE WHO  
STANDBY TO HELP!

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Address  
Correction  
Requested

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## ***"WHY MY EMS SERVICE NEEDS A COMPUTER..."***

Last year SEREMS discovered the need to upgrade all of the staff's computers. Though good machines, we were simply asking more from them than they could handle. We replaced all of our computers. So what does this matter to you and your EMS squad?!

SEREMS would like to distribute our used computers to EMS squads in need of computer technology. The available machines are equipped with: Pentium 166 chip, 2 megabyte hard drive, sound card, speakers, CD ROM drive and come with Windows 95 installed. Although they do NOT have modems, you can get 56k modems fairly cheaply these days from a

number of computer discount houses. Monitors are also included. These are good basic



**Would your service benefit from having a computer?**

machines perfect for word processing, light spread sheet and database work, and connecting to the internet. The

communities receiving the computers will be expected to pay the shipping charges associated with getting the machines to their communities.

If you think your EMS squad would benefit from the use of one of these computers, let us know. Explain to us in 100 words or less why your service could use a computer and mail or fax your essay to SEREMS by the due date. A panel of Nobel laureates (the SEREMS staff) will evaluate all entries and decide which services are most in need of this technology. All essays must be in the SEREMS office by September 15, 2000.